

## This Is Our Winter Test

**S**ERVING food is a local problem for each community. Prices and definite rules for every one cannot be formulated. It is a duty for each one to eat only so much as is necessary to maintain the human body healthy and strong. This winter of 1918 is the period when it is to be tested here in America whether our people are capable of voluntary individual sacrifice to save the world. That is the purpose of the organization of the United States Food Administration—by voluntary effort to provide the food that the world needs.

U. S. FOOD ADMINISTRATION

## NEED BIG HERDS

Europe's Meat Supply Must Come From America.

Warring Nations Have Depleted Live Stock at Enormous Rate, Even Killing Dairy Cattle For Food.

American stock breeders are being asked to conserve their flocks and herds in order to meet Europe's tremendous demands for meats during the war and probably for many years afterward.

The United States food administration reports that American stock raisers have shown a disposition to co-operate with the government in increasing the nation's supply of live stock.

Germany today is probably better supplied with live stock than any other European nation. When the German armies made their big advance into France and then retreated virtually all the cattle in the invaded territory—approximately 1,500,000 head—were driven behind the German lines.

But in England—where 2,400,000 acres of pasture lands have been turned into grain fields—the cattle herds are decreasing rapidly. One of the reasons apparently is the declining maximum price scale adopted by the English as follows: For September, \$17.75 per 100 pounds; October, \$17.25; November and December, \$16.08; January, \$14.40. The effect of these prices was to drive live stock off the market as soon as possible.

In France the number of cattle as well as the quality have shown an enormous decline during the war. Where France had 14,807,000 head of cattle in 1913, she now has only 12,341,000, a decrease of 16.6 per cent. And France is today producing only one gallon of milk compared to two and one-half gallons before the war.

Denmark and Holland have been forced to sacrifice dairy herds for beef because of the lack of necessary feed.

Close study of the European meat situation has convinced the Food Administration that the future problem of America lies largely in the production of meat producing animals and dairy products rather than in the production of cereals for export when the war will have ceased.

## BRITISH GOVERNMENT HELPS PAY FOR BREAD

There has been much misunderstanding about the bread program in England. It is true that the Englishman buys a loaf of bread for less than an American can, but it is poorer bread, and the British government is paying \$200,000,000 a year toward the cost of it.

All the grain grown in Great Britain is taken over by the government at an arbitrary price and the imported wheat purchased on the markets at the prevailing market price. This is turned over to the mills by the government at a price that allows the adulterated war bread loaf of four pounds to sell at 18 cents, the two pound loaf at 9 cents and the one pound loaf at 5 cents.

In France, under conditions somewhat similar, but with a larger extraction, the four pound loaf sells for 16 cents.

## MAKING MEATLESS DAYS PERMANENT.

In the meatless menu there is a fertile field for developing new and nourishing dishes, according to E. H. Niles, writing in the Hotel Gazette, who believes that the present shortage of meat and fats will not end with the coming of peace, but may grow more acute and continue for five or six years, thus making it worth while to develop menus of grain, vegetables and fish on a more or less permanent basis. Meat can be replaced by cereals and other protein foods, or may be served in very small portions as a flavoring for other food. In making up meatless menus this author finds our American Creole and southern cuisine a broad field for investigation.

## CORN WILL WIN DEMOCRACY'S WAR

America's Greatest Cereal Crop Is Now Moving to Market.

MAINSTAY IN NATION'S CRISIS.

Surplus Wheat of the United States Has Been Sent to Famine Threatened Europe.

America's great corn crop, exceeding 3,000,000,000 bushels, will save the world's food situation, officials of the United States food administration believe.

Corn is the nation's best food cereal, housewives are beginning to realize. It contains all the elements needed to keep the body in a state of health and when used according to the sources of tried recipes, especially when combined with an added portion of oil or fat, will sustain life indefinitely. Indian warriors in colonial days lived on parched corn alone for many days at a time, and at Valley Forge parched corn was at times the sole ration of the Continental soldiers.

Owing to transportation difficulties caused by the war the corn crop moved more slowly to market this year than ever before. Now, however, the corn is reaching the millers and consumers. In the meantime the nation's surplus wheat has been sent to Europe.

Today there are approximately 30 bushels of corn for every American. This quantity is greater by five bushels than in former years.

Corn has become the nation's mainstay in the crisis of war.

Just as this cereal saved the first American colonists from famine on many occasions, just as it served as a staple food during the War of the Revolution and during the Civil War, King Corn has again come to the front in the nation's battle with autocracy.

Corn meal is finding greatly increased use in the making of ordinary white bread. Hundreds of housewives and many of the larger bakeries are mixing 20 per cent. corn meal with wheat flour to make loaves of bread. This kind of a mixture is worked and baked in the same recipes and with the same methods that apply to straight wheat bread.

Corn bread—using corn meal entirely—is gaining a greater popularity than ever before. Housewives are coming to realize that every pound of wheat saved in America means a pound of wheat released for shipment to the nations with which America is associated in the war.

There are a score of corn products that today possess unusual importance for Americans. Corn syrup for sweetening corn cakes and buckwheat cakes and for use in the kitchen instead of granulated sugar is one of the leading products made from corn.

Corn oil, excellent for frying and for every other purpose filled by salad oils, is appearing on the market in large quantities. It comes from the germ of the corn.

## MADE-IN-GERMANY LIES CIRCULATED IN CANADA

Canada is also having trouble with Made-in-Germany lies circulated according to an official statement received from the Canadian food controller by the United States food administration.

The stories bothering Canada are of the same general character as those the United States food administrator recently denounced in this country, such as the ridiculous salt and bluing famine fakes and the report that the government would seize housewives' stocks of home canned goods.

The Canadian food controller estimates that when the people listen to and pass on such stories, each one has the power of destruction that lies in a battalion of soldiers.

"Stories without even a vestige of foundation have been scattered broadcast," said the Canadian statement. "Nor have they come to life casually. They have started simultaneously in different parts of the country and in each instance have been calculated to arouse public indignation."

"They are insidious, subtle, persistent. Bit by bit they dissipate public trust, the great essential in the work of food control."

"It lies with every individual to forbear from criticism; to refrain from passing on the vagrant and harmful story, and thus the more effectively to co-operate in work which is going to mean more than the majority of people yet realize."

## THE UNITED STATES FOOD ADMINISTRATION SAYS:

There is no royal road to food conservation. We can only accomplish this by the voluntary action of our whole people, each element in proportion to its means. It is a matter of equality of burden; a matter of minute saving and substitution at every point in the 20,000,000 kitchens, on the 20,000,000 dinner tables, and in the 2,000,000 manufacturing, wholesale and retail establishments of the country.

## Radford Normal Notes

In the past the number of vacations open to young women by which they could earn money to secure an education has been very limited. The young men have had a much wider range of employment. In this way young women have been very seriously handicapped in their efforts to secure an education as compared with young men. The State has established certain small loan funds in connection with all of the States institutions for the benefit of poor and promising students. The fund has been supplemented in a number of institutions by private benevolence and by the efforts of the student body to establish a loan fund. These funds are repaid by the young women after they leave school and begin to earn salaries. It is a remarkable tribute to the character and honesty of women that so far as is known none of the Normal Schools in Virginia have ever lost any of the money loaned to students. Hundreds of young women in Virginia have been assisted in securing an education through these loan funds.

Mrs. M. M. Caldwell, of Roanoke, formerly President of the Federated Woman's Club in Virginia and now Press Secretary of this organization, will deliver a series of addresses before the Normal School during the week beginning February 17, on the responsibilities and opportunities that educated women now have.

The Summer Quarter of the Normal School will open June 17. A larger number and variety of courses will be given than ever before offered heretofore. In addition to the regular faculty of the Summer School a large number of special lecturers have been secured. Among these are Dr. J. L. McBrien, former State Superintendent of Public Instruction of Nebraska and now associated with the United States Bureau of Education at Washington, and Dr. C. A. McMurtry, of Peabody College, Nashville, Tenn. Both of these gentlemen are among the leading educators of the nation.

## Railroad Man Believes In Golden Rule

Urges Other Sufferers to Use Tanlac as He Did.

Buchanan, Va.,—F. M. Creasy, a railroad man, residing here, believes in giving others an opportunity to share his good fortune. Mr. Creasy relates the following interesting experience: "I suffered from liver and stomach troubles for months," said he. "I had used many so-called remedies for relief from acute indigestion, which caused a knot to form in my stomach after eating, with gas and sour fermentations. I also suffered with blind, nervous headaches and biliousness. These blind spells would come on me once a week or ten days, and some times more frequently and would drive me nearly crazy with pain."

"Nothing I tried gave me any relief until I took Tanlac, having read several advertisements of it."

"I was much gratified," continued Mr. Creasy, "to find that when I had taken half of the first bottle I was much better. And now, after using three bottles, I have not had any more of the awful blind, nervous headache spells. I can also eat anything I want without any lump forming in my stomach or any gas or other discomfort."

"I am pleased to recommend Tanlac from the depths of my heart to my one needing relief from the troubles I suffered from, believing that they will

thank me for the rest of their lives for letting them know about the wonderful medicine, Tanlac."

The genuine Tanlac is sold in Big Stone Gap by Ayers Drug store, and also by the following agents in nearby towns: Old Dominion Drug Co., Appalachia; Stonega Coke and Coal Co., Stonega and Osaka; T. I. Adams, Imboden, and E. C. Blair, Olinger.

## NEGROES LEARN TO TALK FRENCH

University Offers Special Opportunity For Instruction

Charlottesville, Va., Feb. 25.—Do negroes wish to learn to speak French before going "over"? The response of over forty, between the ages of twenty and forty years, to the offer made by the students of the University of Virginia, through the Y. M. C. A. Extension Bureau, to teach a negro night-school, seems to answer in the affirmative.

The University Y. M. C. A. inaugurated a night school for negro children the first of last week, which has turned into a school of over forty men. The teaching staff is composed of Virginia students, with graduates and professors as lecturers. Three nights a week are given, one of which is "lecture-night." Elementary courses in "the three R's" are offered, and in addition an attempt is being made to teach conversational French, elementary English composition, business arithmetic and stenography. The lecture courses will include personal hygiene, some science and general talks on current topics of special interest to the negro.

At present the school is being held in one of the down town churches under the direction of Aubrey H. Harwood of Lynchburg, Va. Attendance is free other than the cost of requisite books. As far as possible text books are being furnished by the students of the university free of charge.

## Remedy for Soft-Shell Eggs

It sometimes occurs that hens lay good many soft-shelled eggs. A good supply of oyster shells should be kept before the flock at all times. Too often these oyster shells are simply thrown on the ground where they become dirty and the hens do not care for them especially when the ground is all wet. Hoppers may be used with best and most economical results. Satisfactory hoppers may be made at home on rainy days when outside work is impossible.

If this will not overcome the trouble it can often be remedied by adding a little sifting from the bag of oyster shells to the mash mixture. Care should be taken to regulate the amount used. It should not exceed one teaspoonful in a bucket of mash twice a week until the trouble ceases. This will not overcome the trouble if it is due to an over fat condition of the hen.

John H. Voorhees, Agronomist, The Agricultural Lime Bureau, Washington, D. C.

## How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by him. NATIONAL BANK OF COMMERCE, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for Constipation.

Buy your Stationery from the Wise Printing Company

## ORDER OF PUBLICATION.

VIRGINIA: In the Clerk's Office of the Circuit Court of the County of Wise the 2nd day of February 1918.

J. K. Smith, Plaintiff vs. Cordie Goins Smith, Defendant.

In Chancery

The object of this suit is to obtain a divorce "A Vinculo Matrimonii" upon the grounds of desertion. And it appearing from affidavit on file in said office that the Defendant Cordie Goins Smith is not a resident of the state of Virginia, it is ordered that she appear here within 15 days after due publication of this order and do what is necessary to protect her interest in this suit.

And it is further ordered that a copy hereof be published once a week for four successive weeks in the Big Stone Gap Post, and that a copy be posted at the front door of the court house of this county, and that a copy be mailed to the Defendant at Knoxville, Tenn., her last known place abode.

A Copy Teste: W. B. Hamilton Clerk. W. T. Hudgens, p. q. Feb. 13-7-10

## N&W Norfolk and Western Schedule in Effect

January 6th, 1918

LEAVE NORTON, VA. 6:15 a. m. and 2:30 p. m. for Bluefield and intermediate stations. Connection at Bluefield with Trains East and West—Pullman Sleepers and Dining Cars.

LEAVE BRISTOL, VA. Daily, 7:00 a. m. for East Radford, Roanoke, Lynchburg, Petersburg, Richmond, Norfolk and Hagerstown. Parlor Car (Drooler) to Roanoke and Hagerstown. Pullman Sleeper Hagerstown to Philadelphia.

12:15 p. m. daily for all points between Bristol and Lynchburg. Connects at Walton at 6:20 p. m. with the Chicago Express for all points west and northwest.

5:00 p. m. for Norfolk and intermediate points, Pullman Sleepers to Norfolk 1:35 p. m. and 8:20 p. m. (limited.) Solid trains with Pullman sleepers to Washington, Baltimore, Philadelphia and New York via Lynchburg. Does not make local stops.

W. C. SAUNDERS, G. P. A. W. B. BEVILL, Pass. Trk. Mgr., Roanoke, Va.

## JOB PRINTING

Don't think you are getting REAL job printing just because you are having your work done at a "printing office." Investigate and learn for yourself that there is a vast difference between real job printing and "just printing." We are prepared to do

## REAL PRINTING

Not only because we have the equipment, but because we possess the "know how." Our long experience and knowledge in the printing business enables us to handle job printing on a saving basis. We will share this saving with you and will guarantee every piece of work turned out in our plant. Will you bring that next job to us and have it done right? No long waiting for the finished product. We do things "Now."

## WISE PRINTING COMPANY

Incorporated Big Stone Gap, Virginia

## Legal Blanks

For Justice of the Peace.

We have the most complete set of forms for use by Justices of the Peace of any house in Virginia. Our prices are

75 cents per Hundred

of an assortment of blanks. Cash with order which can always be filled promptly. Always order by number.

1. Warrant of Arrest.
2. Commitment to Answer Indictment.
3. Certificate of Commitment for Trial.
4. Commitment until Fine and Costs are Paid.
5. Commitment for Imprisonment, &c.
6. Recognizance upon Appeal.
7. Warrant Discharging from Jail, upon Appeal.
8. Complaint for Peace Warrant.
9. Peace Warrant.
10. Warrant in Debt.
11. Warrant in Damages.
12. Execution.
13. Garnishee Summons.
14. Indemnifying Bond.
15. Forfeiting Bond.
16. Affidavit for Summons in Unlawful Detainer.
17. Summons in Unlawful Detainer.
18. Affidavit for Distress Warrant.
19. Distress Warrant.
20. Complaint for Attachment against Removing Debtor.
21. Attachment Against Removing Debtor, with Garnishee Process.
22. Attachment Bond.
23. Deed of Conveyance, with certificate.
24. Deed of Trust, with certificate.
25. Deed of Lease.
26. Homestead Deed.
27. Declaration in Assumpsit.
28. Declaration in Debt on Bond.
29. Declaration in Debt on Promissory Note.
30. Declaration in Debt on Negotiable Note.
31. Notice of Motion on Note, Bond, or Account.
32. Power of Attorney.
33. Notice to take Depositions.
34. Indictment, General.
35. Indictment, Liqueur.
36. Commissioner's Notice.
37. Abstract of Judgment Before Justice.
38. Warrant in Detinue.
39. Garnishee Summons and Judgment.
40. Subpoena for Witnesses.
41. Contract and Agreement.

## Wise Printing Company

Incorporated

## Dr. G. C. Honeycutt DENTIST

BIG STONE GAP, VA.

Office in Willis Building over Mutual Drug Store.

## FOX & PECK,

Civil and Mining Engineers.

Big Stone Gap, Va. Harlan, Ky.

Reports and estimates on Coal and Timber Lands, Design and Plans of Coal and Coke Plants, Land, Railroad and Mining Engineering, Electric Blue Printing.

## DR. G. M. PEAVLER,

Treats Diseases of the Eye, Ear, Nose and Throat.

BRISTOL, TENN.

Will be in Appalachia Third Friday in Each Month.

may 12-13-1

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Roller and Machine Repairing, Horse-shoeing a specialty. Wagon and Huggy Work. We make a specialty of putting on rubber tires. All work given prompt and careful attention.

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Treats diseases of the Eye, Ear, Nose and Throat.

Will be in Appalachia FIRST FRIDAY in each month until 5 P. M. BRISTOL, TENN.-VA.

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Wagon and Buggy Work a Specialty. I have an Up-to-date Machine for putting on Rubber Tires. All work given prompt attention.

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